WHAT IS CLAIMED IS:

1. A peptide having no more than six amino acid residues which comprises a C-terminal LipAr motif.

2. The peptide of claim 1 comprising a penultimate C-terminal Lip residue selected from the group consisting of Ile, Val and Leu.

3. The peptide of claim 1 comprising a C-terminal Ar residue selected from the group consisting of Tyr, Phe, His and Trp.

4. The peptide of claim 1 comprising a C-terminal motif selected from the group consisting of Ile-Tyr, Ile-Phe, Ile-Trp, Val-Tyr and Leu-Tyr.

5. The peptide of claim 1 comprising a C-terminal Ile-Ile-Tyr motif.

6. The peptide of claim 1 having the sequence Pro-Arg-Ala-Arg-Ile-Tyr (SEQ ID NO:24), Arg-Ala-Arg-Ile-Tyr (SEQ ID NO:25), Ala-Arg-Ile-Tyr (SEQ ID NO:26), Arg-Ile-Tyr or Ile-Tyr.

7. The peptide of claim 1 wherein said peptide is capable of modulating β1 integrin subunit dependent adhesion.

8. The peptide of claim 7 wherein said peptide is capable of inhibiting β1 integrin subunit dependent adhesion.

9. The peptide of claim 7 wherein said peptide is capable of modulating α4β1 integrin dependent adhesion.

10. The peptide of claim 9 wherein said peptide is capable of inhibiting α4β1 integrin dependent cell adhesion.

11. The peptide of claim 10 wherein said peptide is capable of inhibiting $\alpha 4\beta 1$ integrin dependent adhesion of Ramos cells to $\alpha 4\beta 1$ integrin binding fibronectin fragments.

12. A peptide having no more than about 10 amino acid residues which comprises a C-terminal LipAr motif and has no more than about 80% identity with WQPPRARIY (SEQ ID NO:1), wherein said peptide does not contain a D-amino acid residue.

13. The peptide of claim 12 comprising a C-terminal sequence selected from the group consisting of ARITGYIIY (SEQ ID NO:14), RARITGYIY (SEQ ID NO:13), PRQAWRPIY (SEQ ID NO:18), RPAPQRWIY (SEQ ID NO:20), and WQPPDADIY (SEQ ID NO: 38)).

14. The peptide of claim 12 having no more than about 50% homology with WQPPRARIY (SEQ ID NO:1).

15. A peptide having no more than about 50 amino acid residues which comprises a C-terminal sequence selected from the group consisting of AQPPRARIY (SEQ ID NO:3), WAPPRARIY (SEQ ID NO:4), WQAPRARIY (SEQ ID NO:5), WQPARARIY (SEQ ID NO:6), WQPPAARIY (SEQ ID NO:7), WQPPRAAIY (SEQ ID NO:8), ARITGYIIY (SEQ ID NO:14), RARITGYIY (SEQ ID NO:13), PRQAWRPIY (SEQ ID NO:18), RPAPQRWIY (SEQ ID NO:20), WQPPRARLY (SEQ ID NO:28), WQPPRARVY (SEQ ID NO:29), WQPPRARIF (SEQ ID NO:32), WQPPRARIW (SEQ ID NO:33), and WQPPDADIY (SEQ ID NO: 38).

16. The peptide of claim 15 having the sequence AQPPRARIY (SEQ ID NO:3), WAPPRARIY (SEQ ID NO:4), WQPPAARIY (SEQ ID NO:7) or WQPPRAAIY (SEQ ID NO:8).

17. The peptide of claim 15 having the sequence WQAPRARIY (SEQ ID NO:5) or WQPARARIY (SEQ ID NO:6).

18. The peptide of claim 15 having the sequence ARITGYIIY (SEQ ID NO:14), or RARITGYIY (SEQ ID NO:13).

19. The peptide of claim 15 having the sequence PRQAWRPIY (SEQ ID NO:18), or RPAPQRWIY (SEQ ID NO:20).

20. The peptide of claim 15 having the sequence WQPPRARLY (SEQ ID NO:28), WQPPRARVY (SEQ ID NO:29), WQPPRARIF (SEQ ID NO:32), or WQPPRARIW (SEQ ID NO:33).

21. The peptide of claim 15 having the sequence WQPPDADIY (SEQ ID NO: 38).

22. The peptide of claim 15 having no more than about 15 amino acid residues.

23. A method for modulating the adhesion of cells to a substrate comprising:

combining a peptide with a suspension of said cells to form a modified cell suspension, wherein the peptide has no more than about 6 amino acid residues and comprises a C-terminal LipAr motif; and

contacting the modified cell suspension with the substrate.